

FROM PATCH TO PLATE

Five Delicious Ways with...



Pumpkin



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes - with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick 

This edition features Pumpkin - vibrant, sweet, and hearty with a smooth, velvety texture when cooked.



Pumpkin in a Nutshell

How to Enjoy!

- **Cooked:** Steam, roast, mash, or blend, pumpkin turns soft and creamy with a naturally sweet, earthy flavour. It's perfect for soups, bakes, or tossed through salads.
 - **Tip:** Roast with the skin on for extra fibre and a caramelised flavour. Dice into even cubes for faster, more consistent cooking.
- **Flavour Pairings:** Pumpkin pairs beautifully with garlic, sage, cinnamon, nutmeg, chilli, feta, parmesan, olive oil, or tahini.
- **Preserved:** Cook and freeze pumpkin cubes or puree for quick use in soups, pasta sauces, or baking.

Nutrition Highlights!

- **Vitamin A** → supports eye health and immunity
- **Vitamin C** → boosts immunity and collagen production
- **Potassium** → helps regulate blood pressure and hydration
- **Fibre** → supports healthy digestion and gut health

☀ Fun Fact ☀

Pumpkins are technically a fruit — they're part of the gourd family and packed with natural sweetness, making them just as perfect for desserts as they are for savoury dishes!

Growing Conditions

- **When to Plant (Subtropical):** all year!
- **Time to Sprout:** 7–10 days
- **Plant Height:** 40cm
- **Time to Harvest:** ~3-4 months after planting

Harvesting tips

- Harvest pumpkin when the skin is hard, deeply coloured, and the stem has begun to dry out, usually when the vine starts to die back.
- Cut the pumpkin from the vine with a short stem attached to help it store longer.
- Harvest on a dry day and handle gently to avoid bruising the skin.

How to Store

- Store whole, unwashed pumpkins in a cool, dry, and well-ventilated place out of direct sunlight.
- They can last several months when stored correctly.
- Once cut, wrap the pieces and keep them in the fridge for up to a week, or freeze for longer storage.





Breakfast: Pumpkin & Maple Crumpet Stack with Cinnamon Ricotta

Prep: 10 mins | Cook: 5 mins | Serves: 1

Ingredients

- 2 wholemeal crumpets
- ¼ cup mashed roasted pumpkin
- 1 tsp maple syrup
- ¼ cup ricotta
- ¼ tsp cinnamon
- Optional: crushed walnuts or pepitas

Directions

1. Mix pumpkin and maple syrup and warm slightly.
2. Mix ricotta with cinnamon.
Toast crumpets, spread with pumpkin, top with ricotta and sprinkle nuts.

Lunch: Moroccan-Spiced Pumpkin, Couscous & Chickpea Bowl

Prep: 15 mins | Cook: 20 mins | Serves: 1

Ingredients

- 1 cup diced pumpkin
- ½ tsp ground cumin & cinnamon
- ¼ cup cooked couscous
- ¼ cup canned chickpeas
- Rocket or spinach
- 1 tbsp yoghurt + squeeze of lemon for dressing
- Olive oil, salt, pepper



Directions

1. Toss pumpkin with oil, salt, and spices. Roast at 200°C for 20 min.
2. Assemble couscous, chickpeas, greens, and roast pumpkin. Top with lemon yoghurt dressing.

Dinner: Thai Red Pumpkin & Tofu Skillet Curry

Prep: 10 mins | Cook: 20 mins | Serves: 2

Ingredients



- 1 cup pumpkin, thinly sliced
- 100g firm tofu, cubed
- 1 tbsp red curry paste
- $\frac{3}{4}$ cup light coconut milk
- 1 tsp fish sauce or soy sauce
- Handful green beans or snow peas
- Fresh basil or coriander

Directions

1. Sauté curry paste, add tofu, pumpkin, and coconut milk.
2. Simmer 15 min, add green veg in last few minutes. Finish with herbs.

Green Thumb Farm, Samford Valley QLD 4520.





Snack: Pumpkin, Oat & Choc-Chip Muffins

Prep: 10 mins | Cook: 25 mins | Serves: 6

Ingredients

- ½ cup mashed pumpkin
- 1 egg
- 2 tbsp olive oil
- 1 tbsp maple syrup
- ½ cup rolled oats
- ½ cup wholemeal flour
- ½ tsp baking powder
- ¼ tsp cinnamon
- Pinch salt
- 2 tbsp dark choc chips

Directions

1. Mix wet ingredients.
Fold in dry ingredients
and choc chips.
2. Spoon into muffin tins
and bake at 180°C for
20–25 min.

Lunchbox-Friendly: Savoury Pumpkin & Feta Hand Pies

Prep: 15 mins | Cook: 25 mins | Serves: 2 pies

Ingredients

- ½ cup mashed pumpkin
- 2 tbsp crumbled feta
- ½ tsp dried thyme
- 1 sheet puff pastry (cut in 2)
- Egg wash or milk for brushing

Directions

1. Mix pumpkin, feta, thyme. Place filling in the centre of each pastry square, fold into triangles and seal.
2. Brush with egg or milk. Bake at 200°C for 20–25 min until golden.





2204 Mt Samson Rd,
Samford Valley, Qld 4520
greenthumbfarm.org.au

Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,